

Garden Herbs recipes

In this first programme of the second series, you'll find recipes for an anti-dandruff hair oil that uses rosemary, thyme and lavender; a herb butter to help prevent migraine; sachets that repel moths with their ingredients of wormwood and sage; and, if you've got indigestion, why not try soothing it with an angelica and mint cocktail?

Anti-Dandruff Hair Oil

6 tbsp fresh rosemary tbsp fresh thyme tbsp fresh lavender ml coconut oil drops peppermint essential oil

1. Wash and chop all the plants and place in a glass heat-proof bowl. Stir in the coconut oil. Cover the bowl with a lid and place over a pan of boiling water to create a double boiler. Heat on a medium to low flame for 1 hour. Leave to cool.
2. When cool, stir in the peppermint essential oil. Strain and pour the hair oil into bottles.

USE: Apply 3 teaspoons to hair and massage well into the scalp. Wrap hair in a towel and leave for 30 minutes. Then wash hair a couple of times with normal shampoo to get the oil out completely. Use 3 times a week for the first 2 weeks, and once a week as a preventative measure.

CAUTION: Avoid the eye area, and if you feel any discomfort, wash off immediately.

STORAGE: Will keep for up to 1 year in a cool dark place.

Herb Butter to Help Prevent Migraine

3 tsp fresh feverfew leaves (approx 20 leaves) tsp fresh tarragon tsp flat leaf parsley heaped tsp lemon zest tsp powdered ginger g unsalted butter, at room temperature Salt and pepper to taste

1. On a wooden board, finely chop the feverfew leaves, tarragon and parsley. Add the lemon zest and ginger. Mix in the soft butter and salt and pepper to taste, then work until the herbs are evenly distributed throughout the butter.
2. Place the herb butter on a sheet of greaseproof paper and form into a long sausage shape. Mark lightly into seven equal portions (about 15g each), enough for a week's supply. Roll up the paper and seal at both ends.

USE: Eat one 15g portion daily on bread or toast to help prevent migraine.

CAUTION: Do not use if you are pregnant or breastfeeding, under 18, or have a stomach or mouth ulcer. If on medication, check with your doctor or pharmacist before using. Discontinue if you feel nausea or other discomfort. As with other painkillers after long-term use, you might experience 'rebound' symptoms such as headaches when you stop. If so, consult your doctor or pharmacist.

STORAGE: Will keep in the refrigerator for 1 week or in the freezer for up to 6 months.

Wormwood & Sage Moth Repellent Sachets

2 tbsp dried rosemary leaves tbsp dried wormwood (*Artemisia absinthium*) leaves tbsp dried sage leaves Dash of vodka

1. Strip the leaves from the plants, and crush them finely. Mix together in an open shallow bowl, and sprinkle on a dash of vodka.
2. Put a little of the dried herb mixture into the centre of a small muslin square. Tie with raffia. Repeat until you have used up all the herbs.

USE: Pop the herbal sachets into cupboards and drawers to deter moths. When they first stop smelling, give them a squeeze and a bash to release more volatile oils. Next time, they will need replacing.

Angelica & Mint Cocktail for Indigestion

For the tincture: g fresh angelica root from the garden, or 50g dried angelica root g fresh mint leaves tsp fennel seeds tsp dried German chamomile flowers (*Matricaria recutita*) ml vodka, or to cover

For the cocktail: Sprig of mint Fresh dill leaves Lime slices Flat/uncarbonated ginger beer or ginger cordial (or other soft drink of your choice)

1. Wash and chop the angelica root and place in a glass jar with the fresh mint, fennel seeds and dried chamomile. Pour on the vodka to cover all the plant material. Seal the jar and leave to steep in a cold dark place for 10-14 days.
2. When ready, strain through muslin, reserving the liquid. This should produce about 400ml of vodka tincture.
3. Making the cocktail couldn't be simpler: just muddle a shot of the angelica tincture (about 35ml) with a sprig of mint, some dill leaves and lime slices in a tall glass. Top up with ice and flat or uncarbonated ginger beer, or a soft cordial/drink you fancy.

NOTE: You can make the drink considerably less alcoholic by adding the shot of tincture to boiling hot mixer/cordial, then allowing it to cool before adding the ice, mint, lime and dill. This works because the boiling hot mixer evaporates off most of the alcohol in the tincture.

USE: Before meals to aid digestion or after meals if experiencing indigestion.

CAUTION: Contains alcohol. Do not take if you are on medication from the doctor for a stomach ulcer or inflamed stomach lining - this is for simple indigestion and wind. Consideration should be taken when driving, due to the alcohol content.

STORAGE: Store the tincture in a bottle in a cool, dark place for at least 1 year.